Bones and Muscles

Chapter 1 Revision • Term 1 • Grade 5 Primary • Science

Name: ..... **Class:** .....

1 Complete the following sentences

1. The framework of bones that gives the body its shape is called the .....
2. The .....wraps and protects the brain like a helmet.
3. The ribs protect the .....and .....in a cage-like shape.
4. The place where two bones meet and allow movement is called a .....
5. Joints contain .....which acts as a cushion between bones.
6. The backbone is made of many small .....bones.
7. Muscles move the body by .....the bones.
8. When we bend our arm, the inner muscle of the arm .....and becomes hard.
9. When we stretch our arm, the outer muscle .....while the inner muscle relaxes.
10. Animals such as dogs, cats, rabbits and horses move their bodies using .....and .....just like humans.

2 Choose the correct answer

1. Which structure protects the brain?

   A. Ribs B. Skull C. Backbone D. Joint

2. What is the main function of the ribs?

   A. To move the arms B. To protect the heart and lungs C. To contract D. To bend the knees

3. Which part acts as a pillar and supports the whole body?

   A. Skull B. Ribs C. Backbone D. Cartilage

4. Why can the backbone bend?

   A. It is one long bone. B. It is made of many small connected bones. C. It has no joints. D. It is made of muscles.

5. What acts as a cushion between bones at joints?

   A. Muscle B. Skin C. Cartilage D. Skull

6. What happens to the biceps when you bend your arm?

   A. It relaxes and becomes thin. B. It contracts and becomes hard. C. It disappears. D. It pushes the bone.

7. How do muscles move bones?

   A. By pushing them B. By pulling them C. By breaking them D. By covering them

8. When you stretch your arm straight, which muscle contracts?

   A. The inner muscle B. The outer muscle C. Both muscles relax D. The skull muscle

9. Why are the bones of different animals different in length and shape?

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A. Because of their body color B. Because each animal is adapted to the way it lives and moves C. Because animals have no muscles D. Because all animals have different bones with no joints

10. Which statement is correct about an animal's front or back legs?

A. They have no joints. B. They contain bending parts similar to human joints. C. They are made of one unbendable bone. D. They cannot move.

3 Put (✓) or (✗)

1. Bones are very hard. ( )
2. The skull protects the heart and lungs. ( )
3. The ribs protect the heart and lungs. ( )
4. The backbone is made of many small connected bones. ( )
5. Cartilage prevents bones from rubbing directly against each other. ( )
6. Muscles move bones by pushing them. ( )
7. When you bend your arm, the inner muscle contracts. ( )
8. When you stretch your arm, the outer muscle contracts. ( )
9. All animal bones have exactly the same shapes and lengths as human bones. ( )
10. Animals such as dogs and rabbits use muscles and bones to move their bodies. ( )

4 Cross the odd word

1. Skull – Ribs – Backbone – Lungs. (.....)
2. Shoulder – Elbow – Wrist – Heart. (.....)
3. Bones – Muscles – Joints – Brain (.....)
4. Contracting – Pulling – Moving – Pushing (.....)
5. Dog – Cat – Rabbit – Skull (.....)

5 Write the scientific term

1. The framework made of many bones that gives the whole body its shape.

(.....)

2. The place where two bones meet and allow movement.

(.....)

3. The soft material in joints that acts as a cushion and prevents bones from rubbing directly against each other.

(.....)

4. The strong bone structure that wraps and protects the brain like a helmet.

(.....)

5. The process in which a muscle becomes hard and pulls a bone to produce movement.

(.....)

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6 Correct the underlined word

1. The ribs protect the **brain**. (.....)
2. The backbone is made of **one long bone**. (.....)
3. Muscles move bones by **pushing** them. (.....)
4. When you bend your arm, the inner muscle **relaxes**. (.....)
5. When you stretch your arm, the inner muscle **contracts**. (.....)

7 Give a reason for:

1. The skull protects the brain?

.....

2. The backbone allow the body to bend in different directions?

.....

3. Cartilage found in joints?

.....

4. Muscles contract and relax?

.....

5. The bones of animals different in length and shape?

.....

8 What happens...?

1. To the inner muscle of your arm when you bend your arm?

.....

2. To the outer muscle when you bend your arm?

.....

3. To the inner muscle when you stretch your arm?

.....

4. To the outer muscle when you stretch your arm?

.....

5. If bones at a joint rub directly against each other without cartilage?

.....

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9 Answer the following question

1. Match each structure with its function:

Structure	Function
1. Skull	a. Supports the whole body
2. Ribs	b. Protects the brain
3. Backbone	c. Protects the heart and lungs
4. Cartilage	d. Acts as a cushion

1. _____ 2. _____ 3. _____ 4. _____

2. Complete the following comparison:

Bending the arm	Stretching the arm
Inner muscle:	Inner muscle: .....
Outer muscle:	Outer muscle: .....

3. A student bends his arm and notices that one muscle becomes hard and bulges. Which muscle is contracting?

A. The inner muscle B. The outer muscle C. The cartilage D. The rib

Answer: .....

4. Complete the sequence: Muscle contracts → muscle pulls the ..... → body .....

5. A student says:

"Animals move in a completely different way from humans because their bones have different shapes."

Rewrite the statement correctly:

.....

Good Luck!

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✓ Bones and Muscles — Answer Key ✓

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1 Complete the following sentences

1. skeleton
2. skull
3. heart – lungs
4. joint
5. cartilage
6. connected (vertebrae)
7. pulling
8. contracts
9. contracts
10. muscles – bones

2 Choose the correct answer

1. Skull
2. To protect the heart and lungs
3. Backbone
4. It is made of many small connected bones.
5. Cartilage
6. It contracts and becomes hard.
7. By pulling them
8. The outer muscle
9. Because each animal is adapted to the way it lives and moves
10. They contain bending parts similar to human joints.

3 Put (✓) or (✗)

1. ✓
2. ✗
3. ✓
4. ✓
5. ✓
6. ✗
7. ✓
8. ✓

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9. ✕

10. ✓

4 Cross the odd word

1. Lungs (the others are parts of the skeleton)
2. Heart (the others are joints)
3. Brain (the others help)
4. Moving (the others are ways a muscle acts on a bone)
5. Skull (the others are animals)

5 Write the scientific term

1. Skeleton
2. Joint
3. Cartilage
4. Skull
5. Contraction

6 Correct the underlined word

1. heart and lungs
2. many small connected bones
3. pulling
4. contracts
5. relaxes

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7 Give a reason for

1. Because the skull surrounds it like a helmet to protect it from injury.
2. Because the backbone is made of many small bones connected together.
3. Because cartilage acts as a cushion between bones, to prevent rub against each other.
4. to pull bones and produce the movement of the body.
5. Because each animal is adapted to its own way of life and how it moves.

8 What happens when...?

1. It contracts and becomes hard.
2. It relaxes.
3. It relaxes.
4. It contracts and becomes hard.
5. The bones rub against each other, get damaged, and cause pain.

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9 Answer the following question

1. Match each structure with its function:

Structure	Function
1. Skull	**b. Protects the brain**
2. Ribs	**c. Protects the heart and lungs**
3. Backbone	**a. Supports the whole body**
4. Cartilage	**d. Acts as a cushion**

1. b 2. c 3. a 4. d

2. Complete the following comparison:

Bending the arm	Stretching the arm
Inner muscle: contracts	**Inner muscle: relaxes**
Outer muscle: relaxes	**Outer muscle: contracts**

3. Which muscle is contracting? **A — The inner muscle**

4. Complete the sequence: Muscle contracts → muscle pulls the **bone** → body **moves**

5.

"Animals move in a similar way to humans, using bones and muscles together — but their bones differ in shape and length because each animal is adapted to its own way of life and movement."

خالص تحياتي/ مستر عادل الأمين

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